

# Pointers For Parents

## Keep Kids Healthy: Combat Childhood Obesity

(NAPSA)—According to the American Academy of Pediatrics, approximately 15 percent of the nation's children and adolescents are considered obese. Fortunately, parents can help change these statistics by providing good nutrition and making exercise fun.

It's important to serve children nutrient-dense meals, consisting of a balance of protein, whole-grain carbohydrates and fat. Portion control is also important. Use the palm of your hand as a guide for one adult portion and your child's palm as their portion control guide.

One delicious example is this recipe for a Sweet Potato-Spinach Griddle Snackwich which can serve as a nutritious lunch box addition or a yummy after-school snack.

### Sweet Potato-Spinach Griddle Snackwich

- 1 cup Bruce's Sweet Potato Pancake Mix**
- $\frac{2}{3}$  cup chopped fresh spinach or defrosted frozen chopped spinach**
- $\frac{1}{2}$  cup shredded low fat Cheddar cheese, divided**
- Pinch salt**
- $\frac{2}{3}$  cup water**
- 4 slices smoked turkey or ham**

**In a mixing bowl combine pancake mix, spinach, half of the cheese, and salt. Stir in water just until blended.**

**Spray a non-stick griddle or skillet with cooking spray; heat over medium-high heat. Drop batter by spoonfuls onto griddle making 8, 3-inch griddle cakes. Cook about 2 minutes on one side, turn and cook two minutes more. When almost done, top each of 4 griddle cakes with a turkey slice and 1 tablespoon of remaining cheese. Top with**



**For a yummy, "yummy" snack, make a snackwich.**

**remaining griddle cakes, remove from pan and serve immediately.**

**For a lunch box snack: Cook griddle cakes, remove from pan. When completely cool, make sandwiches with turkey or ham and cheese. Wrap tightly and pack in lunch box.**

**Makes 2 servings as part of a meal, or 4 snacks.**

All children ages 2 and older should also participate in at least 30 minutes of moderate-intensity activity daily and at least 30 minutes of vigorous activity at least three to four days a week to maintain heart and lung fitness.

According to health and fitness expert Heather Hawk, physical activity can be simple. For toddlers, a little imagination can turn a walk into an adventure hike. Older children can ride bikes and scooters or rollerblade, take dance, gymnastics and martial arts classes.

If you want an active child, be active yourself. Children learn through example and are much more likely to show an interest in physical activity if their parents share that interest.

For healthy recipes, log onto [www.brucefoods.com](http://www.brucefoods.com).